

EXECUTIVE SUMMARY

Thank you for your continued hard work sampling **Northwood Lake, Northwood** this year!

Your monitoring group sampled the deep spot **five** times this year, and established multiple new monitoring stations around the lake. As you know, conducting multiple sampling events each year enables DES to more accurately detect water quality changes. Keep up the great work!

Volunteers from your **lake** participated in the Lake Host™ Program this year. The Lake Host™ Program is funded through DES and Federal grants. The program was developed in 2002 by NH LAKES and NHDES to educate and prevent boaters from spreading exotic aquatic plants to lakes and ponds in New Hampshire. Since then, the number of participating lakes and ponds and volunteers has doubled, the number of boats inspected has tripled, and the number of “saves” (exotic plants discovered) has increased from four in 2002 to a total of 224 in 2008. The program is invaluable in educating boaters and protecting NH’s waterbodies from exotic aquatic plant infestations, thereby preventing recreational hazards, property value decline, aquatic ecosystem decline, aesthetic issues, and saving costly remediation efforts. Lake Host™ staff made **three** “saves” at your lake and discovered the following aquatic vegetation entering or leaving your lake in 2008:

Variable milfoil (exotic)
Bladderwort (native)

Great work! We encourage volunteers to continue participating in the Lake Host™ Program to protect the future of your lake.

OBSERVATIONS & RECOMMENDATIONS

DEEP SPOT

➤ Chlorophyll-a

Chlorophyll-a, a pigment found in plants, is an indicator of algal or cyanobacteria abundance. Algae are typically microscopic plants that are naturally found in the lake ecosystem. The measurement of chlorophyll-a in the water gives biologists an estimation of the algal concentration or lake productivity. Table 14 in Appendix A lists the current year chlorophyll-a data.

Figure 1 depicts the historical and current year chlorophyll-a concentration in the water column.

The median summer chlorophyll-a concentration for New Hampshire's lakes and ponds is 4.58 mg/m³.

The current year data (the top graph) show that the chlorophyll-a concentration **increased** from **June** to **July**, **decreased** from **July** to **August**, **increased** from **August** to **September**, and then **decreased** from **September** to **October**.

The historical data (the bottom graph) show that the **2008** chlorophyll-a mean is **slightly greater than** the state and similar lake medians. For more information on the similar lake median, refer to Appendix D.

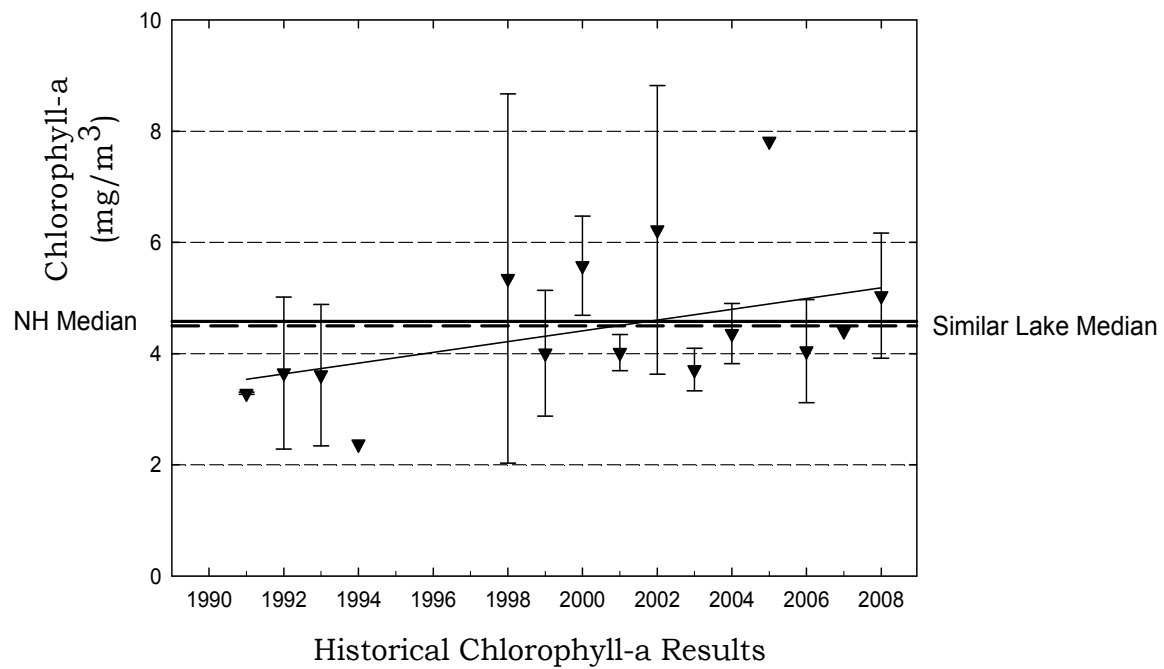
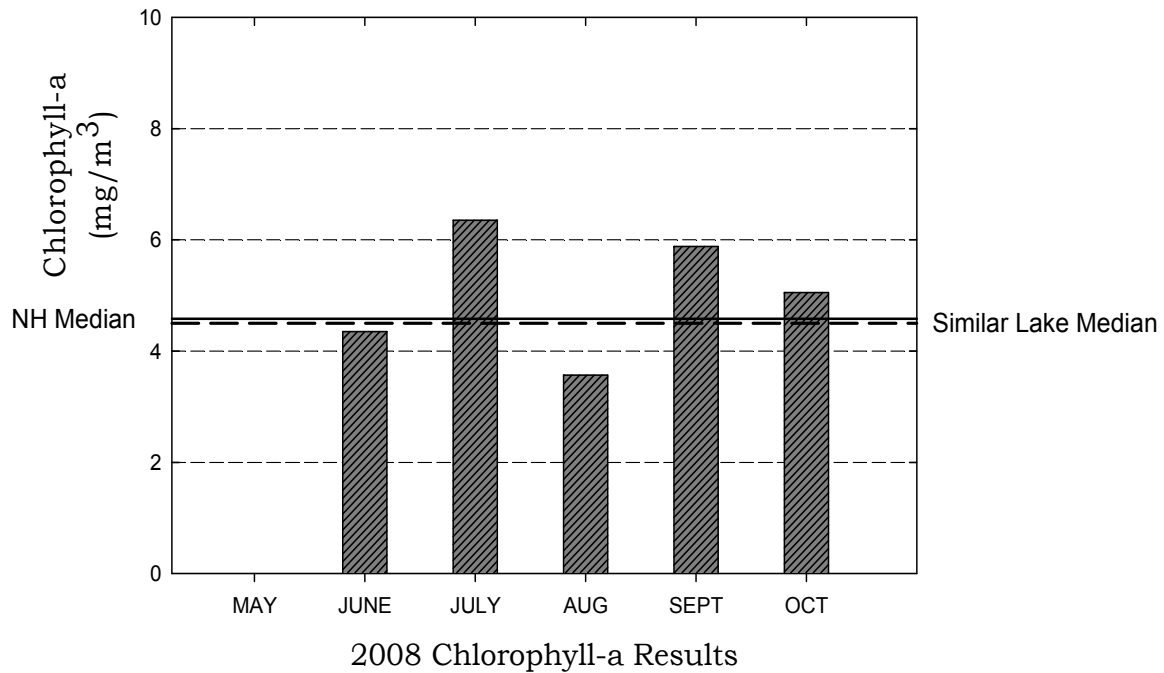
Overall, visual inspection of the historical data trend line (the bottom graph) shows an **increasing yet variable** in-lake chlorophyll-a trend since monitoring began. Specifically the mean chlorophyll concentration has **fluctuated between approximately 2.37 and 7.82 mg/m³** since **1991**.

While algae are naturally present in all waterbodies, an excessive or increasing amount of any type is not welcomed. Phosphorus is the nutrient that algae typically depend upon for growth in New Hampshire lakes and ponds. Algal concentrations increase as nonpoint sources of phosphorus from the watershed increase, or as in-lake phosphorus sources increase. Increased Chlorophyll-a concentrations can also affect water clarity, causing Secchi-disk transparency to decrease (worsen) and turbidity to increase (worsen).

Therefore, it is extremely important for volunteer monitors to continually educate all watershed residents about management practices that can be implemented to minimize phosphorus loading to surface waters.

Northwood Lake, Northwood

Figure 1. Monthly and Historical Chlorophyll-a Results



➤ **Phytoplankton and Cyanobacteria**

Table 1 lists the phytoplankton (algae) and/or cyanobacteria observed in the pond in **2008**. Specifically, this table lists the three most dominant phytoplankton and/or cyanobacteria observed and their relative dominance in the sample.

Table 1. Dominant Phytoplankton/Cyanobacteria (June 2008)

Division	Genus	% Dominance
Bacillariophyta	Asterionella	83.4
Chrysophyta	Dinobryon	5.3
Cyanophyta	Anabaena	4.5

Phytoplankton populations undergo a natural succession during the growing season. Please refer to the “Biological Monitoring Parameters” section of this report for a more detailed explanation regarding seasonal plankton succession. Diatoms and golden-brown algae populations are typical in New Hampshire’s less productive lakes and ponds.

The cyanobacterium **Anabaena** was observed in the **June** plankton sample. ***This cyanobacteria, if present in large amounts, can be toxic to livestock, wildlife, pets, and humans.*** Please refer to the “Biological Monitoring Parameters” section of this report for a more detailed explanation regarding cyanobacteria.

Cyanobacteria can reach nuisance levels when phosphorus loading from the watershed to surface waters is increased and favorable environmental conditions occur, such as a period of sunny, warm weather.

The presence of cyanobacteria serves as a reminder of the pond’s delicate balance. Watershed residents should continue to act proactively to reduce nutrient loading to the pond by eliminating fertilizer use on lawns, keeping the pond shoreline natural, re-vegetating cleared areas within the watershed, and properly maintaining septic systems and roads.

In addition, residents should also observe the pond in September and October during the time of fall turnover (lake mixing) to document any algal blooms that may occur. Cyanobacteria have the ability to regulate their depth in the water column by producing or releasing gas from vesicles. However, occasionally lake mixing can affect their buoyancy and cause them to rise to the surface and bloom. Wind and currents tend to “pile” cyanobacteria into scums that accumulate in one section of the pond. If a fall bloom occurs, please collect a sample in any clean jar or bottle and contact the VLAP Coordinator.

➤ **Secchi Disk Transparency**

Volunteer monitors use the Secchi disk, a 20 cm disk with alternating black and white quadrants, to measure how far a person can see into the water. Transparency, a measure of water clarity, can be affected by the amount of algae and sediment in the water, as well as the natural color of the water. Table 14 in Appendix A lists the current year transparency data. **The median summer transparency for New Hampshire's lakes and ponds is 3.2 meters.**

Figure 2 depicts the historical and current year transparency *with and without* the use of a viewscope.

The current year *non-viewscope* in-lake transparency **decreased** from **June** to **September**, and then **remained stable** from **September** to **October**.

The current year *viewscope* in-lake transparency **increased slightly** from **June** to **August** and then **decreased slightly** from **August** to **September**.

The viewscope in-lake transparency was **greater than** the non-viewscope transparency on the **June, August** and **September** sampling events. The transparency was **not** measured with the viewscope on the **July** or **October** sampling events. As discussed previously, a comparison of transparency readings taken with and without the use of a viewscope shows that the viewscope typically increases the depth to which the Secchi disk can be seen into the lake, particularly on sunny and windy days. We recommend that your group measure Secchi disk transparency with and without the viewscope on each sampling event.

The transparency measured with the viewscope was generally **greater than** the transparency measured without the viewscope this summer. As discussed previously, a comparison of the transparency readings taken with and without the use of a viewscope shows that the viewscope typically increases the depth to which the Secchi disk can be seen into the lake, particularly on sunny and windy days. We recommend that your group measure Secchi disk transparency with and without the viewscope on each sampling event.

It is important to note that viewscope transparency data are not compared to a New Hampshire median or similar lake median. This is because lake transparency with the use of a viewscope has not been historically measured by DES. In the future, the New Hampshire and similar lake medians for viewscope transparency will be calculated and added to the appropriate graphs.

The historical data (the bottom graph) show that the **2008** mean non-viewscope transparency is **slightly less than** the state and similar lake medians. Please refer to Appendix D for more information about the similar lake median.

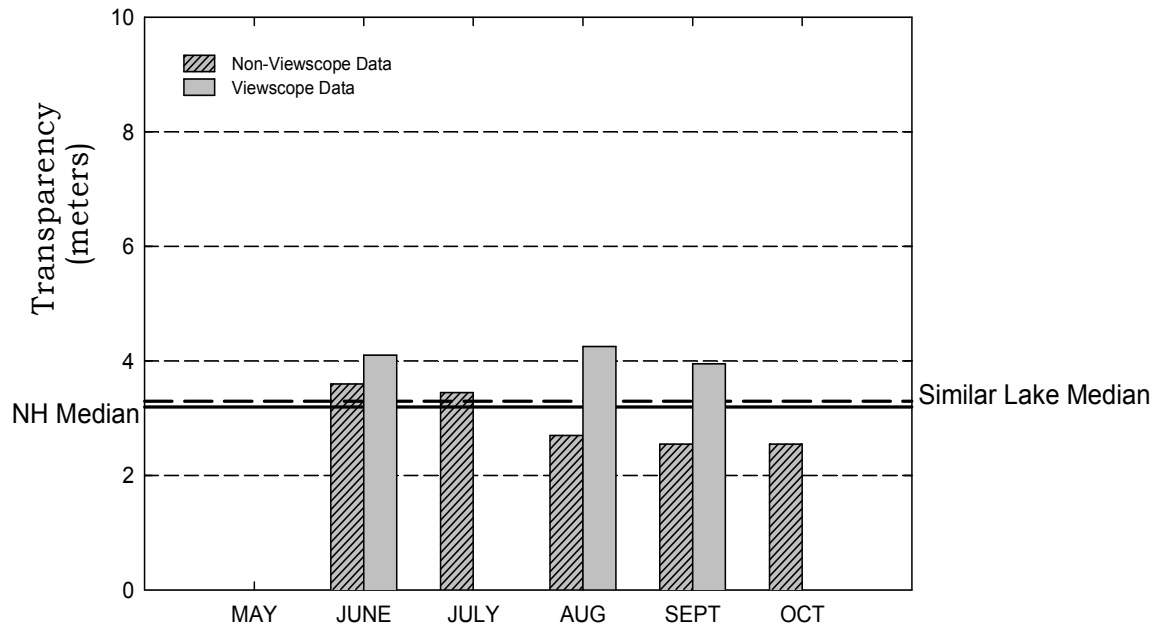
Visual inspection of the historical data trend line (the bottom graph) shows a **stable** trend. Specifically, the transparency has **remained relatively stable**

ranging between approximately 2.5 and 3.8 meters since monitoring began in **1991**.

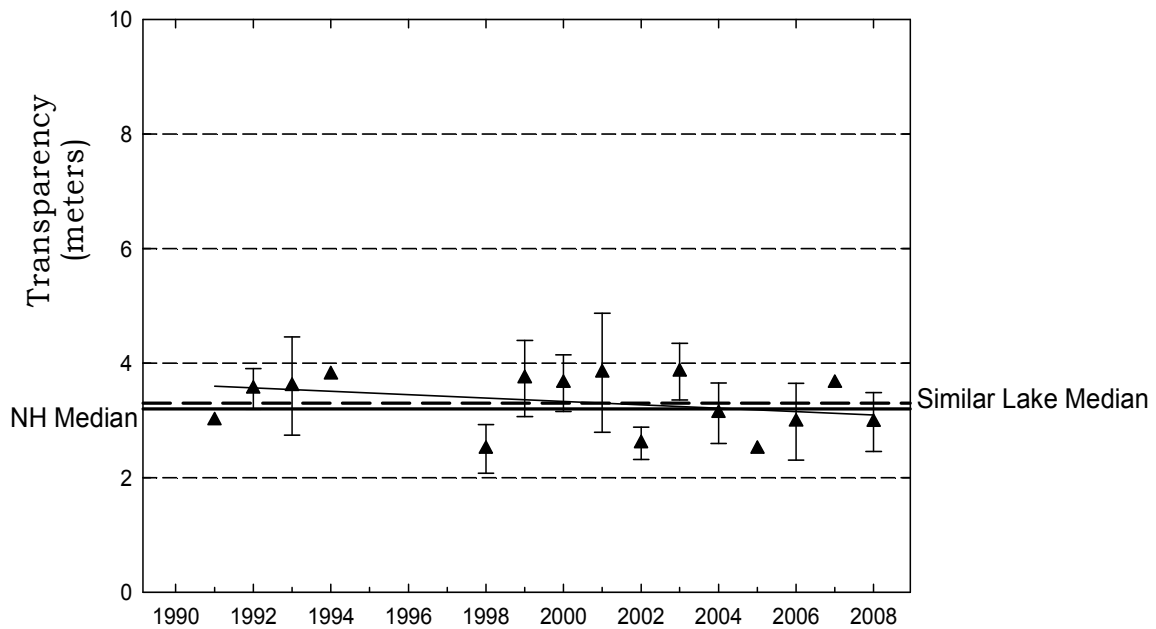
Typically, high intensity rainfall causes sediment-laden stormwater runoff to flow into surface waters, thus increasing turbidity and decreasing clarity. Efforts should continually be made to stabilize stream banks, pond shorelines, disturbed soils within the watershed, and especially dirt roads located immediately adjacent to the edge of tributaries and the pond. Guides to best management practices that can be implemented to reduce, and possibly even eliminate, nonpoint source pollutants, are available from DES upon request.

Northwood Lake, Northwood

Figure 2. Monthly and Historical Transparency Results



2008 Transparency Viewscope and Non-Viewscope Results



Historical Transparency Non-Viewscope Results

➤ Total Phosphorus

Phosphorus is typically the limiting nutrient for vascular plant and algae growth in New Hampshire's lakes and ponds. Excessive phosphorus in a pond can lead to increased plant and algal growth over time. Table 14 in Appendix A lists the current year total phosphorus data for in-lake and tributary stations. **The median summer total phosphorus concentration in the epilimnion (upper layer) of New Hampshire's lakes and ponds is 12 ug/L. The median summer phosphorus concentration in the hypolimnion (lower layer) is 14 ug/L.**

The graphs in Figure 3 depict the historical amount of epilimnetic (upper layer) and hypolimnetic (lower layer) total phosphorus concentrations; the inset graphs depict current year total phosphorus data.

The current year data for the epilimnion (the top inset graph) show that the phosphorus concentration ***decreased slightly*** from **June to July**, ***remained stable*** from **July to August**, ***increased*** from **August to September**, and then ***remained stable*** from **September to October**.

The ***slightly elevated*** epilimnetic phosphorus concentration measured on the **September** and **October** sampling events may have been due to phosphorus-enriched stormwater runoff that flowed into the surface layer of the lake. Weather records indicate that **< 1.0 inch** of rainfall was measured **24 to 72 hours** prior to both sampling events.

The historical data show that the **2008** mean epilimnetic phosphorus concentration is ***approximately equal to*** the state median and is ***slightly greater than*** the similar lake median. Refer to Appendix D for more information about the similar lake median.

The current year data for the hypolimnion (the bottom inset graph) show that the phosphorus concentration ***decreased slightly*** from **June to July**, ***increased slightly*** from **July to August**, ***remained stable*** from **August to September**, and then ***decreased*** from **September to October**.

The historical data show that the **2008** mean hypolimnetic phosphorus concentration is ***less than*** the state and similar lake medians. Please refer to Appendix D for more information about the similar lake median.

Overall, visual inspection of the historical data trend line for the epilimnion and hypolimnion shows a ***variable*** phosphorus trend since monitoring began. Specifically the mean annual epilimnetic phosphorus concentration has ***fluctuated between approximately 5 and 15 ug/L***, and the mean annual hypolimnetic phosphorus concentration has ***fluctuated between approximately 6 and 28 ug/L***, since monitoring began in **1991**.

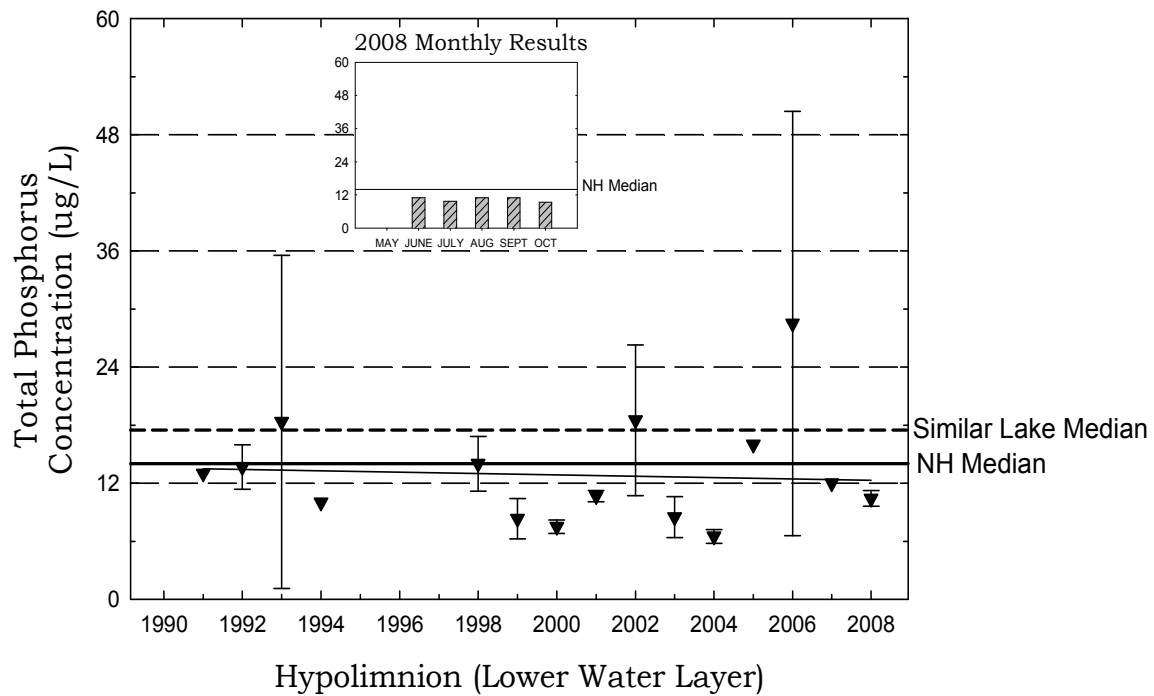
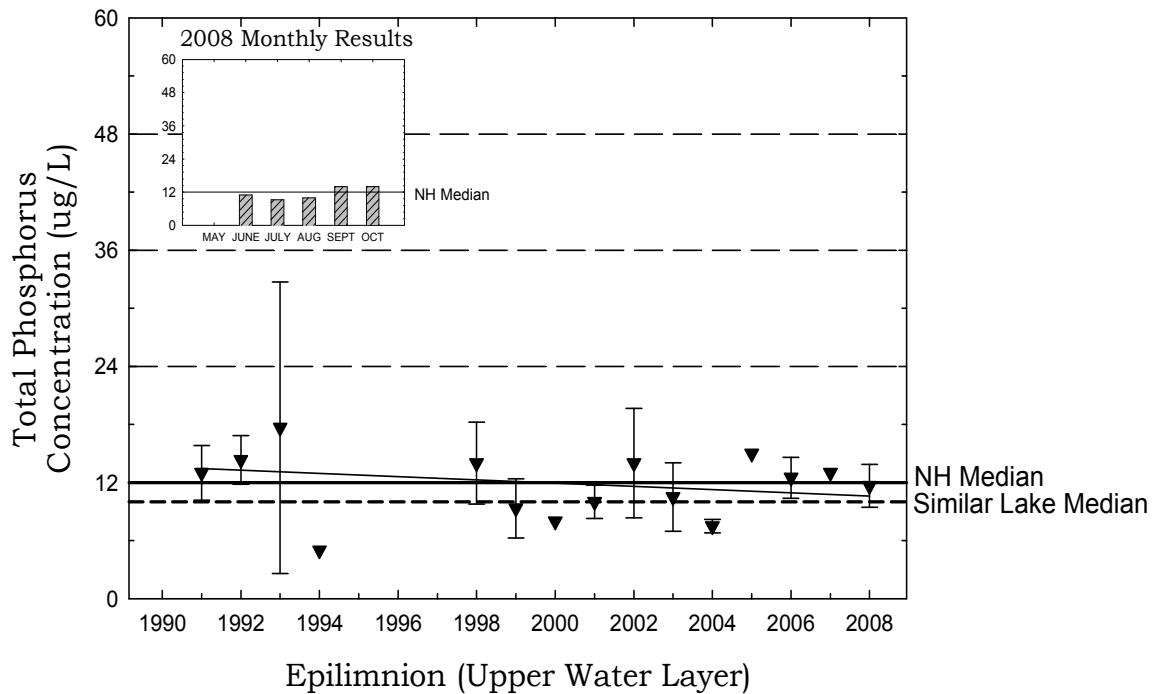
One of the most important approaches to reducing phosphorus loading to a waterbody is to continually educate watershed residents about the watershed

2008

sources of phosphorus and how excessive phosphorus loading can negatively affect the ecology and the recreational, economical, and ecological value of lakes and ponds.

Northwood Lake, Northwood

Figure 3. Monthly and Historical Total Phosphorus Data



➤ pH

Table 14 in Appendix A presents the current year pH data for the in-lake stations.

pH is measured on a logarithmic scale of 0 (acidic) to 14 (basic). pH is important to the survival and reproduction of fish and other aquatic life. A pH below 6.0 typically limits the growth and reproduction of fish. A pH between 6.0 and 7.0 is ideal for fish. The median pH value for the epilimnion (upper layer) in New Hampshire's lakes and ponds is **6.6**, which indicates that the state surface waters are slightly acidic. For a more detailed explanation regarding pH, please refer to the "Chemical Monitoring Parameters" section of this report.

The pH at the deep spot this year ranged from **5.86 to 6.36** in the epilimnion and from **5.05 to 6.34** in the hypolimnion, which means that the water is ***slightly acidic***.

Due to the state's abundance of granite bedrock and acid deposition received from snowmelt, rainfall, and atmospheric particulates, there is little that can be feasibly done to effectively increase pond pH. The pH at the deep spot, however, is sufficient to support aquatic life.

➤ Acid Neutralizing Capacity (ANC)

Table 14 in Appendix A presents the current year epilimnetic ANC for the deep spot.

Buffering capacity (ANC) describes the ability of a solution to resist changes in pH by neutralizing the acidic input. The median ANC value for New Hampshire's lakes and ponds is **4.9 mg/L**, which indicates that many lakes and ponds in the state are at least "moderately vulnerable" to acidic inputs. For a more detailed explanation about ANC, please refer to the "Chemical Monitoring Parameters" section of this report.

The acid neutralizing capacity (ANC) of the epilimnion (upper layer) ranged from **1.9 mg/L to 3.9 mg/L**. This indicates that the lake is ***moderately vulnerable*** to acidic inputs.

➤ Conductivity

Table 14 in Appendix A presents the current conductivity data for in-lake stations.

Conductivity is the numerical expression of the ability of water to carry an electric current, which is determined by the number of negatively charged ions

from metals, salts, and minerals in the water column. The median conductivity value for New Hampshire's lakes and ponds is **40.0 uMhos/cm**. For a more detailed explanation, please refer to the "Chemical Monitoring Parameters" section of this report.

The in-lake conductivity is **slightly greater than** the state median. Typically, increasing conductivity indicates the influence of pollutant sources associated with human activities. These sources include failed or marginally functioning septic systems, agricultural runoff, and road runoff that contains road salt during the spring snow-melt. New development in the watershed can alter runoff patterns and expose new soil and bedrock areas, which could also contribute to increasing conductivity. In addition, natural sources, such as iron and manganese deposits in bedrock, can influence conductivity.

We recommend that your monitoring group conduct a shoreline conductivity survey of the lake and tributaries with **elevated** conductivity to help identify the sources of conductivity.

To learn how to conduct a shoreline or tributary conductivity survey, please refer to the 2004 special topic article, which is posted on the VLAP website at <http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>, or contact the VLAP Coordinator.

It is likely that de-icing materials applied to nearby roadways during the winter months may be influencing the conductivity in the lake. In New Hampshire, the most commonly used de-icing material is salt (sodium chloride).

Therefore, we recommend that the **epilimnion** (upper layer) and **tributaries** be sampled for chloride next year. This additional sampling may help us identify what areas of the watershed are contributing to the increasing in-lake conductivity.

Please note that the DES Limnology Center in Concord is able to conduct chloride analyses, free of charge. As a reminder, it is best to conduct chloride sampling in the spring as the snow is melting and during rain events.

➤ **Dissolved Oxygen and Temperature**

Table 9 in Appendix A depicts the dissolved oxygen/temperature profile(s) collected during **2008**.

The presence of sufficient amounts of dissolved oxygen in the water column is vital to fish and amphibians and also to bottom-dwelling organisms. Please refer to the "Chemical Monitoring Parameters" section of this report for a more detailed explanation.

The dissolved oxygen concentration was **high** at all deep spot depths sampled in the lake on the **June** sampling event. Typically, shallow lakes and ponds that are not deep enough to stratify into more than one or two thermal layers

will have relatively high amounts of oxygen at all depths. This is due to continual lake mixing and diffusion of oxygen into the bottom waters induced by wind and wave action.

➤ **Turbidity**

Table 14 in Appendix A presents the current year data for in-lake turbidity.

Turbidity in the water is caused by suspended matter, such as clay, silt, and algae. Water clarity is strongly influenced by turbidity. Please refer to the “Other Monitoring Parameters” section of this report for a more detailed explanation.

The deep spot turbidity was ***relatively low*** and ***constant*** this year, which is good news.

However, we recommend that your group sample the pond and any surface water runoff areas during significant rain events to determine if stormwater runoff contributes turbidity and phosphorus to the lake.

TRIBUTARY SAMPLING

➤ **Total Phosphorus**

Table 14 in Appendix A presents the current year total phosphorus data for tributary stations. Please refer to the “Chemical Monitoring Parameters” section of the report for a detailed explanation of total phosphorus.

The phosphorus concentration in the **Bridge Inlet** samples on the **July and October** sampling events was *slightly elevated (21 and 24 ug/L)*, however, the turbidity was *not elevated*. It had rained approximately **1.0 inch** during the **24-72 hours** prior to both sampling events.

The phosphorus concentration in the **Lower WTC Inlet** sample on the **October** sampling event was *elevated (52 ug/L)*; however, the turbidity was *not elevated*. It had rained approximately **1.0 inch** during the **24-72 hours** prior to sampling.

The phosphorus concentration in the **Old Dump Rd. and Outlet** samples on the **August** sampling event was *elevated (25 and 34 ug/L)*, however, the turbidity was *not elevated*. It had rained approximately **1.0 inch** during the **24-72 hours** prior to the both sampling events.

Rain events typically carry phosphorus laden watershed runoff to tributaries. Phosphorus sources in the watershed can include agricultural runoff, failing or marginal septic systems, stormwater runoff, road runoff, and watershed development.

The phosphorus concentration in the **Rt. 4 W Inlet** sample on the **June** sampling event was *slightly elevated (24 ug/L)*. It had rained approximately **1.0 inch** during the **24-72 hours** prior to the both sampling events. It is possible that watershed wetland systems were releasing phosphorus-enriched water into the lake from tributaries that drain the wetland area.

The phosphorus concentration in the **Esther Lane Docks** sample on the **9/28/2008** sampling event was *elevated (30 ug/L)*, however, the turbidity was *not elevated*. It had rained approximately **2.0 inches** during the **24-72 hours** prior to sampling. This station receives surface runoff from docks and shoreland area that are often littered with duck feces. Waterfowl feces are a source of bacteria as well as phosphorus to surface waters. It is evident, based on phosphorus and E. coli concentrations that this area contributes to lake phosphorus and bacteria loading.

The phosphorus concentration in the **Flat Meadows Brook** sample on the **July** sampling event was *elevated (45 ug/L)*, and the turbidity was also *elevated (4.13 NTUs)*. Elevated turbidity levels are most often a result of sediment and/or organic material present in the sample. These materials typically contain phosphorus and when present in elevated amounts contribute to

elevated tributary phosphorus levels.

➤ pH

Table 14 in Appendix A presents the current year pH data for the tributary stations. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation of pH.

The pH of the **Rt. 4 W Inlet, Flat Meadows Brook Inlet, Lower WTC Inlet, and Rt. 107 Inlet** appears to be slightly acidic. This can be caused by the presence of humic, tannic and fulvic acids. Humic, tannic and fulvic acids naturally occur as a result of decomposing organic matter such as leaves. These acids may also cause the water to be tea colored. In New Hampshire the presence of granite bedrock and acid deposition also naturally lowers the pH of freshwaters.

➤ Conductivity

Table 14 in Appendix A presents the current conductivity data for the tributary stations. Please refer to the “Chemical Monitoring Parameters” section of the report for a more detailed explanation of conductivity.

Overall, the conductivity has **remained constant** in the tributaries since monitoring began.

Eight new stations were monitored in 2008. **Baker Ave., Esther Lane Docks, Flat Meadows Brook, Horse Farm, Lynn Grove Inlet, Old Dump Rd., Town Beach, and Town Beach Cove.** Conductivity levels at these stations are **elevated**, however are not greater than historical conductivity for the lake and tributaries. We recommend your monitoring group continue to sample these stations to establish baseline water quality data.

We also recommend that your monitoring group conduct stream surveys and rain event sampling along the tributaries with **elevated** conductivity so that we can determine potential sources to the lake.

For a detailed explanation on how to conduct rain event sampling and stream surveys, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at

<http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>, or contact the VLAP Coordinator.

➤ Turbidity

Table 14 in Appendix A presents the current year turbidity data for the tributary stations. Please refer to the “Other Monitoring Parameters” section of

the report for a more detailed explanation of turbidity.

Overall, tributary turbidity was slightly **elevated**. Approximately 1.0 inch of rainfall was recorded in the 24-72 hours prior to each sampling event. Rainfall creates runoff that washes sediment and organic materials into tributaries causing turbid water conditions. Eventually, the suspended solids settle out once the flow is reduced or the tributary flow enters the lake.

The **Flat Meadows Brook** experienced turbid conditions in **July** likely the result of low flow conditions. These conditions can lead to bottom sediment contamination during sample collection. Please be careful to observe tributary flow conditions and only sample when sufficient flow is present.

➤ **Bacteria (*E. coli*)**

Table 14 in Appendix A lists the current year data for bacteria (*E.coli*) testing. *E. coli* is a normal bacterium found in the large intestine of humans and other warm-blooded animals. *E.coli* is used as an indicator organism because it is easily cultured and its presence in the water, in defined amounts, indicates that sewage **may** be present. If sewage is present in the water, potentially harmful disease-causing organisms **may** also be present. Please refer to the “Other Monitoring Parameters” section of the report for a more detailed explanation.

The *E.coli* concentrations were **low** at **Baker Ave., Bridge Inlet, Lower WTC Inlet, Lynn Grove A, Lynn Grove Source, Outlet, Pleasant Pond Inlet, Rt. 107 Inlet, Rt. 4 W Inlet, Tasker Well Culvert, and Town Beach Cove** on each sampling event at each of the sites tested this year. We hope this trend continues!

The **Town Beach** *E. coli* concentration was **elevated** on the **July** sampling event. Specifically, the result of **103** counts per 100 mL **was greater than** the state standard of 88 counts per 100 mL for designated public beaches.

We recommend that your group continue *E.coli* sampling at this station next year. If the results continue to be **elevated**, we will recommend that your group conduct a series of tests on a weekend during heavy beach use and also immediately after a rain event. This additional sampling may help us determine the source of the bacteria.

For a detailed explanation on how to conduct rain event sampling and stream surveys, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at <http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>, or contact the VLAP Coordinator.

The **Esther Lane Docks** *E. coli* concentration was **elevated** on the **September** sampling event. However, the **290** counts per 100 mL concentration **was not greater than** the state standard of 406 counts per 100 mL for recreational waters that are not designated public beaches.

The **Horse Farm** *E. coli* concentrations were **elevated** on the **September and October** sampling events. However, the **250 and 200** counts per 100 mL concentrations **were not greater than** the state standard of 406 counts per 100 mL for recreational waters that are not designated public beaches.

The **Old Dump Rd.** *E. coli* concentration was **elevated** on the **August** sampling event. However, the **260** counts per 100 mL concentration **was not greater than** the state standard of 406 counts per 100 mL for recreational waters that are not designated public beaches.

The **Rt. 4 E Inlet** *E. coli* concentration was **elevated** on the **July** sampling event. However, the **230** counts per 100 mL concentration **was not greater than** the state standard of 406 counts per 100 mL for recreational waters that are not designated public beaches.

If you are concerned about *E. coli* levels at these stations, your monitoring group should conduct rain event sampling and bracket sampling in this area to determine the bacteria sources.

For a detailed explanation on how to conduct rain event sampling and stream surveys, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at <http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>, or contact the VLAP Coordinator.

The *E. coli* concentration in the **Lynn Grove Inlet** sample was **elevated** on the **July** sampling event. The **470** counts per 100 mL concentration **was greater than** the state standard of 406 counts per 100 mL for recreational waters that are not designated public beaches.

We recommend that your monitoring group conduct rain event sampling and bracket sampling next year in this area. This additional sampling may help us determine the source of the bacteria.

For a detailed explanation on how to conduct rain event sampling and stream surveys, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at <http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>, or contact the VLAP Coordinator.

➤ Chlorides

Table 14 in Appendix A lists the current year data for chloride sampling. The chloride ion (Cl⁻) is found naturally in some surface waters and groundwaters and in high concentrations in seawater. Research has shown that elevated chloride levels can be toxic to freshwater aquatic life. In order to protect freshwater aquatic life in New Hampshire, the state has adopted **acute and**

chronic chloride criteria of **860 and 230 mg/L** respectively. The chloride content in New Hampshire lakes is naturally low, generally less than 2 mg/L in surface waters located in remote areas away from habitation. Higher values are generally associated with salted highways and, to a lesser extent, with septic inputs. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

Chloride sampling was **not** conducted during **2008**.

DATA QUALITY ASSURANCE AND CONTROL

Annual Assessment Audit:

During the annual visit to your pond, the biologist conducted a sampling procedures assessment audit for your monitoring group. Specifically, the biologist observed the performance of your monitoring group while sampling and filled-out an assessment audit sheet to document the volunteer monitors’ ability to follow the proper field sampling procedures, as outlined in the VLAP Monitor’s Field Manual. This assessment is used to identify any aspects of sample collection in which volunteer monitors failed to follow proper procedures, and also provides an opportunity for the biologist to retrain the volunteer monitors as necessary. This will ultimately ensure that the samples volunteer monitors collect are truly representative of actual lake and tributary conditions.

Overall, your monitoring group did an **excellent** job collecting samples on the annual biologist visit this year! Specifically, the members of your monitoring group followed the proper field sampling procedures and there was no need for the biologist to provide additional training. Keep up the good work!

Sample Receipt Checklist

Each time your monitoring group dropped off samples at the laboratory this summer, the laboratory staff completed a sample receipt checklist to assess and document if your group followed proper sampling techniques when collecting the samples. The purpose of the sample receipt checklist is to minimize, and hopefully eliminate, improper sampling techniques.

Overall, the sample receipt checklist showed that your monitoring group did a **very good** job when collecting samples this year! Specifically, the members of your monitoring group followed the majority of the proper field sampling procedures when collecting and submitting samples to the laboratory. However, the laboratory did identify a few aspects of sample collection that your group could improve upon, as follows:

- **Sample labeling:** Please label your samples with a waterproof pen preferably by using a black permanent before sampling. Please label sample bottles with the **Lake Name, station name, station depth, date and time**

samples were collected. Check to make sure that the ink does not wash off the bottle when exposed to water. If your association has made its own sample bottle labels, please fold over one corner of each label before placing it on a sample bottle so that the label will not become permanently attached to the bottle. In addition, please make sure that the labels will stick to the bottles when they are wet.

USEFUL RESOURCES

Best Management Practices to Control Nonpoint Source Pollution: A Guide for Citizens and Town Officials, DES Booklet WD-03-42, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/publications/wd/documents/wd-03-42.pdf.

Cyanobacteria in New Hampshire Waters Potential Dangers of Blue-Green Algae Blooms, DES fact sheet WMB-10, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-10.pdf.

Impacts of Development Upon Stormwater Runoff, DES fact sheet WD-WQE-7, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/aot/documents/wqe-7.pdf.

Lake Protection Tips: Some Do's and Don'ts for Maintaining Healthy Lakes, DES fact sheet WD-BB-9, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-9.pdf.

Low Impact Development: Taking Steps to Protect New Hampshire's Surface Waters, DES fact sheet WD-WMB-17, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-17.pdf.

Proper Lawn Care In the Protected Shoreland, The Comprehensive Shoreland Protection Act, DES fact sheet WD-SP-2, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-2.pdf.

Road Salt and Water Quality, DES fact sheet WD-WMB-4, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-4.pdf.

Shorelands Under the Jurisdiction of the Comprehensive Shoreland Protection Act, DES fact sheet SP-4, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-4.pdf.

Soil Erosion and Sediment Control on Construction Sites, DES fact sheet WQE-6, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/aot/documents/wqe-6.pdf.

Watershed Districts and Ordinances, DES fact sheet WD-WMB-16, (603) 271-2975 or www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-16.pdf.